

## Lampiran 1 Identitas Responden

No.	Umur	Jenis Kelamin	Cabang Olahraga	Berat Badan	Tinggi Badan	BMI	Skor BMI
1	21	Pria	<i>Petanque</i>	62	176	20.015	3
2	17	Wanita	<i>Petanque</i>	64	162	24.387	5
3	23	Pria	<i>Petanque</i>	73	165	26.814	4
4	25	Wanita	<i>Petanque</i>	59	157	23.936	4
5	22	Wanita	<i>Petanque</i>	49	162	18.671	2
6	24	Pria	<i>Petanque</i>	71	167	25.458	5
7	23	Wanita	<i>Petanque</i>	60	157	24.342	5
8	21	Wanita	<i>Peranque</i>	60	165	22.039	4
9	24	Pria	<i>Petanque</i>	62.5	170.5	21.500	3
10	25	Pria	<i>Handball</i>	78	173	26.062	4
11	24	Pria	Bola tangan	72.5	185	21.183	3
12	29	Pria	<i>Beach Handball</i>	75	180	23.148	4
13	20	Pria	Bola Tangan	104	188	29.425	3
14	20	Pria	<i>Beach Handball</i>	70	183	20.902	3
15	31	Pria	Bola tangan	70	176	22.598	4
16	16	Pria	Panahan	100	171	34.199	1
17	22	Pria	Panahan	71	169	24.859	5
18	25	Wanita	panahan	59	155.5	24.400	5
19	26	Wanita	Panahan	57	155	23.725	4
20	20	Pria	Bola Tangan	104	188	29.425	3
21	19	Wanita	<i>Floorball</i>	53.5	162	20.386	3
22	21	Wanita	<i>Floorball</i>	46	154	19.396	2
23	26	Wanita	<i>Floorball</i>	53	152	22.940	4
24	21	Wanita	<i>Floorball</i>	45	152	19.477	2
25	19	Wanita	<i>Floorball</i>	60	169	21.008	3
26	23	Wanita	<i>Floorball</i>	57.5	160	22.461	4
27	19	Wanita	<i>Floorball</i>	53	165	19.467	2
28	22	Wanita	<i>Floorball</i>	53	154	22.348	4
29	22	Wanita	<i>Floorball</i>	52.5	161	20.254	3
30	23	Wanita	<i>FLOORBALL</i>	64	155	26.639	4
31	25	Wanita	<i>Floorball</i>	55	160	21.484	3
32	22	Wanita	<i>Floorball</i>	66	160	25.781	5
33	28	Wanita	<i>Floorball</i>	55	156	22.600	4
34	20	Wanita	<i>Floorball</i>	47	154	19.818	2
35	23	Pria	<i>Floorball</i>	55	158	22.032	4
36	20	Pria	<i>Floorball</i>	64	167	22.948	4
37	20	Pria	Karate	88	179	27.465	4
38	22	Pria	Karate	80	176	25.826	5
39	19	Wanita	Karate	64.5	153	27.554	4
40	26	Pria	Karate	68	165	24.977	5
41	18	Wanita	Karate	54	156	22.189	4
42	27	Pria	Karate	66.7	165	24.500	5
43	22	Wanita	Karate	70	170	24.221	5
44	23	Wanita	Karate	56	157	22.719	4
45	18	Wanita	Karate	54	156	22.189	4

No.	Umur	Jenis Kelamin	Cabang Olahraga	Berat Badan	Tinggi Badan	BMI	Skor BMI
46	21	Pria	Karate	58.5	172	19.774	2
47	23	Pria	Karate	55	152	23.805	4
48	19	Wanita	Karate	61.6	155	25.640	5
49	24	Pria	Floorball	67	170	23.183	4
50	23	Pria	Judo	99	183	29.562	3
51	22	Pria	Judo	90	178	28.406	3
52	16	Pria	Judo	110	190	30.471	2
53	19	Wanita	Judo	83.2	172	28.123	3
54	25	Pria	Floorball	57	167	20.438	3
55	22	Pria	Floorball	64	172	21.633	3
56	21	Pria	Floorball	75	172	25.352	5
57	21	Pria	Floorball	56	170	19.377	2
58	20	Pria	Floorball	70	170	24.221	5
59	18	Pria	Floorball	58	170	20.069	3
60	22	Pria	Floorball	79	170	27.336	4
61	22	Pria	Floorball	64	169	22.408	4
62	19	Pria	Floorball	60	167	21.514	3
63	24	Pria	Floorball	63	173	21.050	3
64	25	Pria	Floorball	58	169	20.307	3
65	25	Pria	Floorball	90	169	31.512	2
66	21	Pria	Floorball	58	172	19.605	2
67	19	Wanita	Floorball	53	165	19.467	2
68	24	Pria	Rugby 7's	81	176	26.149	4
69	22	Pria	Rugby 7s	75	174	24.772	5
70	26	Wanita	Judo	57	162	21.719	3
71	24	Pria	Judo	80	171	27.359	4
72	24	Pria	Rugby 7's	80	176	25.826	5
73	25	Pria	Rugby 7's	75	174	24.772	5
74	24	Pria	Rugby 7's	79	176	25.504	5
75	21	Pria	Rugby 7's	75	174	24.772	5
76	22	Pria	Rugby 7's	78	177	24.897	5
77	21	Pria	Rugby 7's	75	174	24.772	5
78	20	Pria	Rugby 7's	81	178	25.565	5
79	21	Pria	Rugby 7's	75	174	24.772	5
80	19	Pria	Rugby 7's	81	176	26.149	4
81	25	Pria	Rugby 7's	75	174	24.772	5
82	22	Wanita	Rugby 7's	60	165	22.039	4
83	22	Wanita	Rugby 7's	58	162	22.100	4
84	22	Wanita	Rugby 7's	61	167	21.872	3
85	24	Wanita	Rugby 7's	64	167	22.948	4
86	24	Wanita	Rugby 7's	57	162	21.719	3
87	19	Wanita	Rugby 7's	57	162	21.719	3
88	21	Wanita	Rugby 7's	60	165	22.039	4
89	19	Wanita	Rugby 7's	65	167	23.307	4
90	20	Wanita	Rugby 7's	65	168	23.030	4
91	22	Wanita	Rugby 7's	60	165	22.039	4
92	23	Wanita	Rugby 7's	57	164	21.193	3
93	22	Wanita	Rugby 7's	58	162	22.100	4

## Lampiran 2 Variabel Pengetahuan Gizi Olahraga

No.	Pengetahuan Gizi Olahraga																					Total
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
1	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	18
2	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	18
3	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	18
4	1	1	0	0	1	1	1	1	0	0	0	0	1	1	1	1	1	0	1	1	1	14
5	1	1	0	0	1	1	1	1	0	1	1	0	1	1	1	1	1	1	1	1	1	17
6	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	1	19
7	0	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	19
8	1	1	0	0	0	1	1	0	0	0	0	0	1	1	1	1	1	0	0	1	0	10
9	1	1	0	0	1	1	1	1	0	1	0	1	1	1	1	1	1	0	0	1	0	14
10	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
11	1	1	0	0	1	1	1	1	1	1	0	0	1	0	1	1	1	1	0	1	1	15
12	1	1	1	0	1	1	1	1	0	1	1	0	1	1	1	1	1	1	0	1	1	17
13	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	18
14	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	1	20
15	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	0	1	1	18
16	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
17	1	1	1	0	1	1	1	0	1	1	0	0	1	1	1	1	1	1	1	1	1	17
18	1	1	0	0	1	1	1	1	1	1	0	0	1	0	1	1	1	1	0	1	1	15
19	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	1	0	0	1	1	17
20	1	1	0	0	1	1	1	1	1	1	0	0	1	1	1	1	1	1	0	1	1	16
21	0	0	1	1	1	1	1	0	0	1	1	1	0	1	1	1	1	1	0	1	1	15
22	1	1	0	0	1	1	1	1	1	1	1	0	1	1	1	1	1	0	0	1	1	16
23	1	1	1	1	1	1	1	1	1	1	1	0	1	0	1	0	0	1	0	1	1	16
24	1	1	1	0	1	1	1	1	0	0	0	0	1	1	1	1	1	0	0	1	1	14
25	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	18
26	1	1	0	0	1	1	1	1	0	1	1	0	1	1	1	1	1	0	1	1	1	16
27	1	1	1	0	1	1	1	1	0	0	1	1	1	1	1	1	1	1	0	1	0	16
28	1	1	0	0	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	16
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35	1	1	1	0	1	1	1	1	0	1	1	1	0	1	1	1	1	1	0	1	0	16
36	1	1	0	0	1	1	1	0	1	0	1	1	1	1	1	1	1	1	1	1	1	17
37	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
38	1	1	0	0	1	0	1	1	1	0	0	1	0	1	1	1	1	1	0	1	0	13
39	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
40	1	1	0	0	1	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	18
41	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
42	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	19
43	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
44	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
45	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20

No.	Pengetahuan Gizi Olahraga																					Total
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
46	1	0	0	1	1	1	1	1	1	1	0	1	1	1	1	0	1	1	1	0	1	16
47	1	1	0	1	1	1	1	1	1	0	0	0	1	1	1	1	0	0	1	0	1	14
48	1	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	1	16
49	1	0	0	0	0	0	1	1	1	1	0	0	0	1	1	0	0	0	1	0	1	9
50	1	1	0	1	1	1	1	1	1	0	1	0	1	1	1	1	1	1	1	1	1	18
51	1	1	0	1	1	1	1	1	1	0	1	1	1	1	1	1	0	0	1	1	1	17
52	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
53	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	1	0	1	0	1	14
54	1	1	0	1	1	1	0	1	1	1	0	0	1	1	1	1	1	1	1	1	1	17
55	1	0	0	1	0	1	0	1	1	1	0	0	1	1	1	1	0	0	1	1	1	13
56	1	1	0	1	1	1	0	0	1	1	1	0	1	1	1	0	1	1	1	0	1	15
57	1	0	0	1	1	1	1	1	0	0	0	0	0	1	1	0	0	0	1	1	1	11
58	1	1	0	1	1	1	1	0	1	1	0	0	1	1	1	1	0	0	1	0	1	14
59	1	1	0	1	0	1	0	1	1	0	0	0	1	1	1	1	1	1	1	1	1	15
60	1	1	0	1	1	1	0	1	1	1	0	0	1	1	1	1	0	1	1	1	1	16
61	1	0	0	1	1	1	0	1	0	1	1	0	1	1	1	1	0	1	1	1	1	15
62	1	0	0	0	1	0	0	1	0	0	1	0	1	1	1	1	0	1	1	0	1	11
63	1	0	0	1	1	1	0	1	1	1	1	0	1	1	1	1	0	0	1	1	1	15
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65	1	0	0	1	1	1	0	1	1	1	0	0	1	1	1	1	0	1	1	1	1	15
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67	1	0	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	0	1	1	1	16
68	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	1	18
69	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	0	0	1	1	1	18
70	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	0	0	1	1	0	0	16
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74	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	19
75	1	0	0	1	1	1	1	1	0	0	0	1	1	1	1	0	1	1	1	1	1	15
76	1	0	0	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	18
77	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	19
78	0	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	17
79	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	20
80	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	20
81	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
82	1	0	0	1	1	1	1	1	1	0	0	1	0	1	1	1	0	0	1	1	1	14
83	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	1	0	1	1	1	18
84	1	0	0	1	1	1	1	0	1	1	1	1	1	1	1	1	0	0	1	1	0	15
85	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
86	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	0	0	1	1	0	16
87	1	1	0	1	0	1	1	1	1	0	0	1	1	1	1	1	0	1	1	1	1	16
88	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	19
89	1	0	0	1	1	1	1	0	1	1	1	1	1	1	1	1	0	0	1	1	1	16
90	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
91	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	0	0	1	1	1	17
92	1	1	0	1	0	1	1	1	1	0	0	1	1	1	1	1	0	1	1	1	1	16
93	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	0	1	1	1	19

## Lampiran 3 Variabel Motivasi Hidup Sehat

No.	Motivasi Hidup Sehat																						Total
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
1	4	5	5	2	5	5	4	4	4	4	4	4	4	4	4	3	3	3	4	3	3	4	85
2	5	5	5	2	5	5	4	4	4	4	4	4	4	4	4	3	4	4	4	2	3	4	87
3	4	5	5	5	5	5	4	5	5	4	4	3	3	5	5	3	3	4	2	3	4	5	91
4	4	4	5	2	5	5	4	4	5	4	4	3	4	4	4	3	3	5	2	3	4	5	86
5	4	4	4	1	2	2	4	4	2	2	3	4	4	4	3	3	3	5	2	1	1	1	63
6	5	5	5	1	5	5	5	5	5	5	4	3	5	3	5	5	1	2	2	5	4	5	90
7	5	5	5	1	5	5	5	5	5	4	5	5	5	5	5	5	5	5	2	5	5	5	102
8	4	4	5	2	4	5	4	4	4	4	4	4	4	5	4	3	4	5	2	4	3	5	87
9	5	5	5	1	5	5	4	4	4	4	4	3	4	4	4	3	4	4	2	4	4	5	87
10	5	5	5	2	4	4	5	5	4	4	4	4	4	4	5	5	5	5	3	4	4	4	94
11	5	4	5	2	4	5	5	3	5	3	4	4	2	3	5	3	3	3	4	3	4	2	81
12	5	5	5	2	5	5	5	5	5	5	5	3	5	4	4	4	4	5	5	5	2	5	98
13	4	4	4	2	5	4	4	4	4	4	3	3	3	4	3	4	3	3	3	4	4	4	80
14	5	5	5	2	4	4	4	4	3	3	4	4	4	4	5	4	4	4	3	4	4	4	87
15	5	5	5	2	5	5	5	5	5	4	4	4	4	4	4	5	4	5	2	4	4	5	95
16	5	5	3	4	2	4	4	3	4	2	4	3	3	3	4	4	3	5	4	3	5	5	82
17	5	5	5	1	5	5	1	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	102
18	4	5	5	2	5	5	4	4	4	4	4	3	4	4	4	4	4	5	2	4	4	5	89
19	5	5	5	2	5	5	5	5	5	4	4	4	2	5	4	5	5	5	2	5	5	5	97
20	4	4	4	2	5	4	4	4	4	4	3	3	3	4	3	4	3	3	3	4	4	4	80
21	5	4	5	1	4	5	5	3	4	3	4	3	3	4	3	3	4	5	4	3	4	5	84
22	5	4	5	1	5	5	4	4	4	4	4	2	4	3	5	4	3	5	3	3	4	5	86
23	5	5	5	1	5	5	4	4	5	5	4	1	3	3	3	4	4	5	2	5	5	5	88
24	5	4	5	1	5	5	4	4	4	4	4	3	4	3	4	5	5	5	3	4	5	5	91
25	4	5	5	1	5	5	5	5	5	5	5	3	5	4	4	3	4	5	2	4	5	5	94
26	5	4	4	2	5	4	4	4	4	4	4	3	4	4	3	4	4	2	3	2	4	2	79
27	5	4	5	1	4	5	4	4	4	3	4	2	4	2	4	2	4	5	5	3	4	5	83
28	5	5	5	1	5	5	5	4	5	3	3	2	4	4	4	4	4	5	2	4	4	5	88
29	5	5	4	2	5	3	5	3	4	3	3	2	4	4	3	4	5	4	3	3	5	5	84
30	4	4	4	2	4	4	4	4	4	4	4	3	4	4	4	4	4	5	2	4	3	5	84
31	4	4	4	2	5	4	4	4	5	4	4	4	3	4	4	4	4	5	5	4	4	4	89
32	4	4	5	2	5	5	4	4	5	5	4	3	3	4	3	3	4	2	3	3	3	3	81
33	5	5	5	2	4	4	5	5	5	4	5	4	4	4	5	5	5	5	2	4	4	4	95
34	5	5	5	1	5	5	5	5	5	5	4	4	1	5	5	5	5	5	3	3	5	5	96
35	5	5	5	3	5	5	4	5	4	5	5	4	3	4	4	4	4	5	2	3	4	5	93
36	5	5	5	1	5	5	5	5	5	5	4	4	4	4	5	5	5	3	4	4	4	5	97
37	5	5	5	1	5	5	5	5	5	5	4	5	5	5	5	5	5	5	3	5	5	5	103
38	4	5	5	3	4	5	5	5	5	5	4	5	4	5	5	5	4	4	2	5	5	5	99
39	5	5	5	2	5	5	4	4	4	4	4	4	4	4	4	4	4	4	2	4	4	4	89
40	5	5	5	2	5	5	5	5	5	4	4	4	4	4	4	4	5	4	2	4	4	4	93
41	5	5	4	2	4	5	4	4	4	4	4	4	4	4	4	4	4	5	2	4	4	5	89
42	4	4	5	2	4	5	4	4	4	4	4	4	2	4	4	4	4	4	4	4	4	4	86
43	5	5	5	1	5	5	5	5	5	5	4	4	5	5	5	4	4	5	2	4	4	5	97
44	5	5	5	1	5	5	5	5	5	5	5	5	1	5	5	4	5	5	1	5	5	5	97
45	5	5	4	2	4	5	4	4	4	4	4	4	4	4	4	4	4	5	2	4	4	5	89

No.	Motivasi Hidup Sehat																						Total
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
46	4	4	4	2	4	4	4	4	4	4	4	4	4	4	4	4	4	5	2	4	3	5	85
47	5	5	1	1	5	4	5	5	5	4	4	4	5	5	4	4	5	4	1	5	5	5	91
48	4	5	4	2	4	5	4	4	5	5	4	3	4	4	4	5	4	5	2	4	4	5	90
49	5	5	5	2	3	4	2	2	4	3	4	3	2	2	2	4	4	4	3	2	3	2	70
50	5	5	5	1	5	5	5	5	5	5	5	3	5	4	4	3	5	2	2	3	5	3	90
51	4	5	5	3	3	3	5	5	3	3	5	5	3	3	5	5	5	3	3	3	3	3	85
52	5	5	5	2	4	4	5	5	4	2	5	5	4	4	5	5	5	3	3	3	3	3	89
53	5	5	3	1	5	3	5	5	5	4	4	4	4	5	5	4	5	5	3	4	5	5	94
54	4	4	4	2	4	4	4	4	4	4	4	4	4	4	4	3	5	3	2	4	4	3	82
55	5	5	5	2	4	4	5	5	4	4	5	5	4	4	4	4	4	5	2	4	4	5	93
56	4	4	2	1	5	5	4	4	5	5	4	4	4	5	4	5	4	4	2	4	4	4	87
57	5	4	4	1	5	5	4	4	4	4	4	4	3	5	5	5	4	4	1	4	4	5	88
58	5	5	5	1	5	5	5	4	4	4	5	5	4	5	5	5	4	3	2	4	4	3	92
59	5	5	4	1	5	4	4	4	4	1	4	4	4	4	5	5	4	3	2	3	4	3	82
60	5	5	5	2	5	4	5	5	4	4	5	5	5	5	4	5	5	5	2	4	4	3	96
61	5	5	5	1	4	4	4	4	5	4	3	4	4	4	4	4	4	4	2	4	4	4	86
62	5	4	4	2	4	4	5	5	4	4	4	4	5	5	5	4	4	4	2	3	4	4	89
63	5	5	4	1	5	4	5	4	4	4	4	4	2	4	4	4	4	3	2	4	4	3	83
64	5	5	4	1	4	4	4	4	4	4	4	5	4	4	4	4	4	4	3	4	4	4	87
65	5	5	4	1	4	5	5	4	4	4	4	4	4	4	4	4	4	3	2	3	4	3	84
66	5	4	4	1	4	4	5	4	5	3	4	3	4	4	5	3	3	2	3	2	3	2	77
67	5	4	5	1	4	5	4	4	4	3	4	2	4	2	4	2	4	5	5	3	4	5	83
68	5	5	5	2	5	5	5	4	5	5	4	3	4	4	4	4	4	5	2	4	4	5	93
69	5	5	5	2	4	5	5	5	5	4	4	4	4	4	4	4	4	3	3	4	4	4	91
70	5	5	5	1	5	5	5	5	5	5	5	5	5	5	5	5	5	1	5	1	5	5	98
71	5	5	5	1	5	5	5	5	5	5	5	4	5	5	5	2	5	5	3	5	5	5	100
72	4	5	5	5	5	5	4	5	5	4	4	3	3	5	5	3	3	4	2	3	4	5	91
73	4	4	5	2	5	5	4	4	5	4	4	3	4	4	4	3	3	5	2	3	2	3	82
74	5	5	5	2	5	2	5	5	4	5	5	5	5	5	5	5	5	5	3	3	4	5	98
75	5	5	5	1	5	5	5	5	5	5	4	3	5	3	5	5	1	2	2	5	4	5	90
76	5	5	5	1	5	5	5	5	5	4	5	5	5	5	5	5	5	5	2	4	2	3	96
77	4	4	5	2	4	5	4	4	4	4	4	5	5	5	5	3	4	5	2	4	3	5	90
78	5	5	5	1	5	5	5	5	5	5	4	3	5	5	5	5	5	5	2	4	4	5	98
79	5	5	5	2	4	4	5	5	5	5	4	5	5	4	5	5	5	5	3	3	3	4	96
80	5	5	5	3	4	5	5	5	5	5	5	5	5	5	5	5	5	4	5	4	2	3	100
81	5	5	5	2	5	5	5	5	5	5	5	3	5	4	4	4	4	5	5	5	2	5	98
82	4	4	4	2	5	4	4	4	4	4	3	3	3	4	3	4	3	3	3	4	4	4	80
83	5	5	5	2	4	4	4	4	3	3	4	4	4	4	5	4	4	4	3	4	4	4	87
84	5	5	5	2	5	5	5	5	5	4	4	4	4	4	4	5	4	5	2	1	2	2	87
85	5	5	3	4	4	4	4	3	4	2	4	3	3	3	4	4	3	5	4	3	5	5	84
86	5	5	5	1	3	3	1	4	3	2	2	2	5	5	2	3	2	3	2	2	2	2	64
87	4	3	4	2	3	3	2	3	2	2	3	3	3	3	4	4	4	4	2	2	2	2	64
88	5	5	5	2	4	4	4	4	3	3	4	4	4	4	5	4	4	4	3	4	4	4	87
89	5	5	5	2	5	5	5	5	5	4	4	4	4	4	4	5	4	5	2	2	2	3	89
90	5	5	3	4	4	5	5	4	4	2	5	3	3	3	4	4	3	5	4	3	3	4	85
91	5	2	4	1	2	3	1	3	3	5	3	3	4	4	4	2	2	3	3	2	2	2	63
92	4	3	4	2	4	5	4	4	4	2	3	2	3	2	3	2	2	2	2	2	2	1	62
93	5	5	3	3	3	4	4	3	4	2	4	3	3	3	4	4	3	5	4	3	5	5	82

Lampiran 4 Variabel *Body Mass Index*

No.	<i>Body Mass Index</i>	Skor BMI
1	20.02	3
2	24.39	5
3	26.81	4
4	23.94	4
5	18.67	2
6	25.46	5
7	24.34	5
8	22.04	4
9	21.50	3
10	26.06	4
11	21.18	3
12	23.15	4
13	29.43	3
14	20.90	3
15	22.60	4
16	34.20	1
17	24.86	5
18	24.40	5
19	23.73	4
20	29.43	3
21	20.39	3
22	19.40	2
23	22.94	4
24	19.48	2
25	21.01	3
26	22.46	4
27	19.47	2
28	22.35	4
29	20.25	3
30	26.64	4
31	21.48	3
32	25.78	5
33	22.60	4
34	19.82	2
35	22.03	4
36	22.95	4
37	27.46	4
38	25.83	5
39	27.55	4
40	24.98	5
41	22.19	4
42	24.50	5
43	24.22	5
44	22.72	4
45	22.19	4
46	19.77	2

No.	Body Mass Index	Skor BMI
47	23.81	4
48	25.64	5
49	23.18	4
50	29.56	3
51	28.41	3
52	30.47	2
53	28.12	3
54	20.44	3
55	21.63	3
56	25.35	5
57	19.38	2
58	24.22	5
59	20.07	3
60	27.34	4
61	22.41	4
62	21.51	3
63	21.05	3
64	20.31	3
65	31.51	2
66	19.61	2
67	19.47	2
68	26.15	4
69	24.77	5
70	21.72	3
71	27.36	4
72	25.83	5
73	24.77	5
74	25.50	5
75	24.77	5
76	24.90	5
77	24.77	5
78	25.56	5
79	24.77	5
80	26.15	4
81	24.77	5
82	22.04	4
83	22.10	4
84	21.87	3
85	22.95	4
86	21.72	3
87	21.72	3
88	22.04	4
89	23.31	4
90	23.03	4
91	22.04	4
92	21.19	3
93	22.10	4



## Lampiran 5 Rekapitulasi Perhitungan Variabel Penelitian

Pengetahuan Gizi (X1)	Motivasi Hidup Sehat (X2)	Body Mass Index (Y)	Ranking X1	Ranking X2	Ranking Y	d <sub>1x1</sub>	d <sub>1x2</sub>	d <sub>1x1</sub> <sup>2</sup>	d <sub>1x2</sub> <sup>2</sup>
18	85	3	27	64	58	-31	6	961	36
18	87	5	27	51	1	26	50	676	2500
18	91	4	27	30	24	3	6	9	36
14	86	4	80	60	24	56	36	3136	1296
17	63	2	40	91	82	-42	9	1764	81
19	90	5	16	35	1	15	34	225	1156
19	102	5	16	2	1	15	1	225	1
10	87	4	92	51	24	68	27	4624	729
14	87	3	80	51	58	22	-7	484	49
21	94	4	1	22	24	-23	-2	529	4
15	81	3	70	81	58	12	23	144	529
17	98	4	40	7	24	16	-17	256	289
18	80	3	27	83	58	-31	25	961	625
20	87	3	6	51	58	-52	-7	2704	49
18	95	4	27	20	24	3	-4	9	16
21	82	1	1	76	93	-92	-17	8464	289
17	102	5	40	2	1	39	1	1521	1
15	89	5	70	40	1	69	39	4761	1521
17	97	4	40	12	24	16	-12	256	144
16	80	3	52	83	58	-6	25	36	625
15	84	3	70	68	58	12	10	144	100
16	86	2	52	60	82	-30	-22	900	484
16	88	4	52	48	24	28	24	784	576
14	91	2	80	30	82	-2	-52	4	2704
18	94	3	27	22	58	-31	-36	961	1296
16	79	4	52	86	24	28	62	784	3844
16	83	2	52	73	82	-30	-9	900	81
16	88	4	52	48	24	28	24	784	576
16	84	3	52	68	58	-6	10	36	100
19	84	4	16	68	24	-8	44	64	1936
17	89	3	40	40	58	-18	-18	324	324
16	81	5	52	81	1	51	80	2601	6400
17	95	4	40	20	24	16	-4	256	16
14	96	2	80	16	82	-2	-66	4	4356
16	93	4	52	25	24	28	1	784	1
17	97	4	40	12	24	16	-12	256	144
20	103	4	6	1	24	-18	-23	324	529
13	99	5	88	6	1	87	5	7569	25
21	89	4	1	40	24	-23	16	529	256
18	93	5	27	25	1	26	24	676	576
20	89	4	6	40	24	-18	16	324	256
19	86	5	16	60	1	15	59	225	3481
20	97	5	6	12	1	5	11	25	121
20	97	4	6	12	24	-18	-12	324	144

Pengetahuan Gizi (X1)	Motivasi Hidup Sehat (X2)	Body Mass Index (Y)	Ranking X1	Ranking X2	Ranking Y	d <sub>1x1</sub>	d <sub>1x2</sub>	d <sub>1x1</sub> <sup>2</sup>	d <sub>1x2</sub> <sup>2</sup>
20	89	4	6	40	24	-18	16	324	256
16	85	2	52	64	82	-30	-18	900	324
14	91	4	80	30	24	56	6	3136	36
16	90	5	52	35	1	51	34	2601	1156
9	70	4	93	88	24	69	64	4761	4096
18	90	3	27	35	58	-31	-23	961	529
17	85	3	40	64	58	-18	6	324	36
21	89	2	1	40	82	-81	-42	6561	1764
14	94	3	80	22	58	22	-36	484	1296
17	82	3	40	76	58	-18	18	324	324
13	93	3	88	25	58	30	-33	900	1089
15	87	5	70	51	1	69	50	4761	2500
11	88	2	90	48	82	8	-34	64	1156
14	92	5	80	29	1	79	28	6241	784
15	82	3	70	76	58	12	18	144	324
16	96	4	52	16	24	28	-8	784	64
15	86	4	70	60	24	46	36	2116	1296
11	89	3	90	40	58	32	-18	1024	324
15	83	3	70	73	58	12	15	144	225
17	87	3	40	51	58	-18	-7	324	49
15	84	2	70	68	82	-12	-14	144	196
18	77	2	27	87	82	-55	5	3025	25
16	83	2	52	73	82	-30	-9	900	81
18	93	4	27	25	24	3	1	9	1
18	91	5	27	30	1	26	29	676	841
16	98	3	52	7	58	-6	-51	36	2601
19	100	4	16	4	24	-8	-20	64	400
19	91	5	16	30	1	15	29	225	841
19	82	5	16	76	1	15	75	225	5625
19	98	5	16	7	1	15	6	225	36
15	90	5	70	35	1	69	34	4761	1156
18	96	5	27	16	1	26	15	676	225
19	90	5	16	35	1	15	34	225	1156
17	98	5	40	7	1	39	6	1521	36
20	96	5	6	16	1	5	15	25	225
20	100	4	6	4	24	-18	-20	324	400
20	98	5	6	7	1	5	6	25	36
14	80	4	80	83	24	56	59	3136	3481
18	87	4	27	51	24	3	27	9	729
15	87	3	70	51	58	12	-7	144	49
21	84	4	1	68	24	-23	44	529	1936
16	64	3	52	89	58	-6	31	36	961
16	64	3	52	89	58	-6	31	36	961
19	87	4	16	51	24	-8	27	64	729
16	89	4	52	40	24	28	16	784	256
20	85	4	6	64	24	-18	40	324	1600
17	63	4	40	91	24	16	67	256	4489
16	62	3	52	93	58	-6	35	36	1225
19	82	4	16	76	24	-8	52	64	2704
<b>1569</b>	<b>8175</b>	<b>346.00</b>	<b>3889</b>	<b>4209</b>	<b>3226</b>	<b>663</b>	<b>983</b>	<b>106709</b>	<b>88931</b>

## 1. Mencari Koefisien Korelasi Rank Spearman

### a. Korelasi Pengetahuan Gizi Dengan *Body Mass Index* Pada Atlet

Nasional

$$r_{s1} = 1 - \frac{6 \sum d_i^2}{n(n^2 - 1)}$$

$$r_{s1} = 1 - \frac{6(106709)}{93(93^2 - 1)}$$

$$r_{s1} = 1 - \frac{640254}{93(8649 - 1)}$$

$$r_{s1} = 1 - \frac{640254}{93(8648)}$$

$$r_{s1} = 1 - \frac{640254}{804264}$$

$$r_{s1} = 1 - 0.796$$

$$R_{x1} = 0.204$$



**b. Korelasi Motivasi Hidup Sehat Dengan *Body Mass Index* Pada Atlet**

**Nasional**

$$r_{s2} = 1 - \frac{6 \sum d_i^2}{n(n^2 - 1)}$$

$$r_{s2} = 1 - \frac{6(88931)}{93(93^2 - 1)}$$

$$r_{s2} = 1 - \frac{533586}{93(8649 - 1)}$$

$$r_{s2} = 1 - \frac{533586}{93(8648)}$$

$$r_{s2} = 1 - \frac{533586}{804264}$$

$$r_{s2} = 1 - 0.663$$

$$R_{x2} = 0.337$$



## 2. Uji Keberartian Koefisien Korelasi

### a. Thitung Pengetahuan Gizi Dengan *Body Mass Index* Pada Atlet

Nasional

$$t_{hitung} = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}}$$

$$t_{hitung} = \frac{0.204\sqrt{93-2}}{\sqrt{1-(0.204)^2}}$$

$$t_{hitung} = \frac{0.204\sqrt{93-2}}{\sqrt{1-0.042}}$$

$$t_{hitung} = \frac{0.204\sqrt{91}}{\sqrt{0.958}}$$

$$t_{hitung} = \frac{0.204 \times 9.359}{0.979}$$

$$t_{hitung} = \frac{1.946}{0.979}$$

$$t_{hitung} = 1.988$$



**b. Thitung Motivasi Hidup Sehat Dengan *Body Mass Index* Pada Atlet**

**Nasional**

$$t_{hitung} = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}}$$

$$t_{hitung} = \frac{0.337\sqrt{93-2}}{\sqrt{1-(0.337)^2}}$$

$$t_{hitung} = \frac{0.337\sqrt{93-2}}{\sqrt{1-0.113}}$$

$$t_{hitung} = \frac{0.337\sqrt{91}}{\sqrt{0.887}}$$

$$t_{hitung} = \frac{0.337 \times 9.359}{0.942}$$

$$t_{hitung} = \frac{3.211}{0.942}$$

$$t_{hitung} = 3.409$$



Lampiran 6 Tabel distribusi t

df	t 0.05	r 0.05	f 0.05 (2)	df	t 0.05	r 0.05	f 0.05 (2)	df	t 0.05	r 0.05	f 0.05 (2)
1	12.706	0.997	199.500	41	2.020	0.301	3.226	81	1.990	0.216	3.109
2	4.303	0.950	19.000	42	2.018	0.297	3.220	82	1.989	0.215	3.108
3	3.182	0.878	9.552	43	2.017	0.294	3.214	83	1.989	0.213	3.107
4	2.776	0.811	6.944	44	2.015	0.291	3.209	84	1.989	0.212	3.105
5	2.571	0.754	5.786	45	2.014	0.288	3.204	85	1.988	0.211	3.104
6	2.447	0.707	5.143	46	2.013	0.285	3.200	86	1.988	0.210	3.103
7	2.365	0.666	4.737	47	2.012	0.282	3.195	87	1.988	0.208	3.101
8	2.306	0.632	4.459	48	2.011	0.279	3.191	88	1.987	0.207	3.100
9	2.262	0.602	4.256	49	2.010	0.276	3.187	89	1.987	0.206	3.099
10	2.228	0.576	4.103	50	2.009	0.273	3.183	90	1.987	0.205	3.098
11	2.201	0.553	3.982	51	2.008	0.271	3.179	91	1.986	0.204	3.097
12	2.179	0.532	3.885	52	2.007	0.268	3.175	92	1.986	0.203	3.095
13	2.160	0.514	3.806	53	2.006	0.266	3.172	93	1.986	0.202	3.094
14	2.145	0.497	3.739	54	2.005	0.263	3.168	94	1.986	0.201	3.093
15	2.131	0.482	3.682	55	2.004	0.261	3.165	95	1.985	0.200	3.092
16	2.120	0.468	3.634	56	2.003	0.259	3.162	96	1.985	0.199	3.091
17	2.110	0.456	3.592	57	2.002	0.256	3.159	97	1.985	0.198	3.090
18	2.101	0.444	3.555	58	2.002	0.254	3.156	98	1.984	0.197	3.089
19	2.093	0.433	3.522	59	2.001	0.252	3.153	99	1.984	0.196	3.088
20	2.086	0.423	3.493	60	2.000	0.250	3.150	100	1.984	0.195	3.087
21	2.080	0.413	3.467	61	2.000	0.248	3.148				
22	2.074	0.404	3.443	62	1.999	0.246	3.145				
23	2.069	0.396	3.422	63	1.998	0.244	3.143				
24	2.064	0.388	3.403	64	1.998	0.242	3.140				
25	2.060	0.381	3.385	65	1.997	0.240	3.138				
26	2.056	0.374	3.369	66	1.997	0.239	3.136				
27	2.052	0.367	3.354	67	1.996	0.237	3.134				
28	2.048	0.361	3.340	68	1.995	0.235	3.132				
29	2.045	0.355	3.328	69	1.995	0.234	3.130				
30	2.042	0.349	3.316	70	1.994	0.232	3.128				
31	2.040	0.344	3.305	71	1.994	0.230	3.126				
32	2.037	0.339	3.295	72	1.993	0.229	3.124				
33	2.035	0.334	3.285	73	1.993	0.227	3.122				
34	2.032	0.329	3.276	74	1.993	0.226	3.120				
35	2.030	0.325	3.267	75	1.992	0.224	3.119				
36	2.028	0.320	3.259	76	1.992	0.223	3.117				
37	2.026	0.316	3.252	77	1.991	0.221	3.115				
38	2.024	0.312	3.245	78	1.991	0.220	3.114				
39	2.023	0.308	3.238	79	1.990	0.219	3.112				
40	2.021	0.304	3.232	80	1.990	0.217	3.111				

$$T_{\text{tabel}} = n - k - 1 = 93 - 2 - 1 = 90$$

## RIWAYAT HIDUP



Dian Attilla Saputra atau biasa di kenal di kampus dengan nama akrab Attilla, lahir di Jakarta 02 Februari 1998 . Anak tunggal dari mulyati dan samsul nasution. Saat ini peneliti bertempat tinggal di jalan Cibadak Raya No:12, RT 001/008 Kelurahan Rawabadak Utara Kecamatan Koja, Jakarta Utara, DKI Jakarta.

Pendidikan yang ditempuh oleh peneliti yaitu SDN 11 Rawabadak Utara Pagi lulus pada tahun 2009, MTs Yamifsha lulus pada tahun 2012, SMA Negeri 15 Jakarta lulus pada tahun 2015. Pada tahun 2015 menempuh program S1 di Fakultas Ilmu Keolahragaan Universitas Negeri Jakarta sampai dengan sekarang. Sampai dengan penulisan skripsi dibuat, peneliti masih tercatat sebagai mahasiswa Program Studi S1 Ilmu Keolahragaan Universitas Negeri Jakarta, hingga penulisan telah menyelesaikan skripsi dengan kurun waktu 9 semester.

Skripsi ini ditulis dengan segala upaya yang penulis miliki. Tentunya masih sangat jauh dari titik sempurna. Atas segala perhatiannya penulis ucapkan terimakasih, akhir kata semoga skripsi ini dapat bermanfaat dan dipergunakan sebagaimana mestinya.